



RESILIENCE WEEK VIRGINIA 2020

20 WAYS TO PRACTICE: WHIMSICAL WEDNESDAY



#1 Act with joy
and abandon

#9 Spend times
with friends on
a video chat

#15 Dance

#2 Blow bubbles

#16 Sing along
to your
favorite song

#3 Laugh

#10 Have a
family night

#4 Sleep in

#11 create art

#17 Send a
funny gif
to a friend

#5 Bring a smile to
someone's face

#12 Wear funny
socks

#6 Jump
rope

#13 Sing in the
shower

#18 Change
your phone
background to
something that
makes you smile

#7 Watch your
favorite movie

#14 Get outside
and play

#19 Giggle

#8 Look at
old pictures

#20 write a poem

infograph created by:



Greater Richmond
Trauma-Informed Community Network